

5-Day Intensive with Nicky Knoff



5-9 NOVEMBER 2018 | 9:30 am - 12 noon

Nicky Knoff will use the Foundation and Intermediate Teacher Training Asana, Pranayama and Meditation syllabus as the basis for this intensive 5-day workshop. Don't miss this rare opportunity to learn from one of the true Mothers of Yoga.

Nicky's teaching emphasis is on showing students how to look, listen and feel by honouring their 'inner wisdom'. Her teaching represents a bridge between Iyengar and Ashtanga Vinyasa Yoga; intelligent, anatomical alignment combined with linking internal energetic principles.

All students will receive extensive notes:

- 24 Principles of Practice
- Principles of Sequencing
- Knoff Yoga Intention for Practice
- Chants
- Knoff Yoga Overview
- Foundation & Intermediate Asana & Pranayama syllabus



FEES > Early Bird: **\$300** pay BEFORE 1 Oct 2018
General: **\$350** pay AFTER 1 Oct 2018

BOOKINGS ESSENTIAL via www.ashtangamelbourne.com.au

ABOUT NICKY KNOFF

Nicky is a 4th Series Ashtanga Vinyasa Yoga practitioner; Certified Senior Iyengar Yoga teacher; Certified College of India teacher with Bikram Choudhury; long-term vipassana meditator; WWII concentration camp survivor; and founder of six yoga schools in Australia, New Zealand and USA.

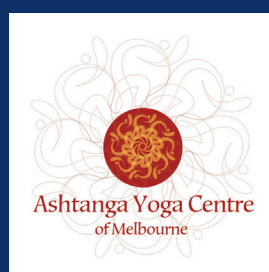
Nicky Knoff will be teaching at:

Ashtanga Yoga Centre of Melbourne

Contact **Greg Cooper** | 03 9419 1598 | 0421 799 365

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www.ashtangamelbourne.com.au



In conjunction with:



**KNOFF
YOGA**